



## Guiding Questions

*YOU! The Experience* challenges students to think about how and why they make choices that impact their health. These guiding questions can be used before, during or after your Museum visit to spark a discussion about health and lifestyle issues. The questions are organized by sections of the exhibit, starting at the Blue Stairs.

### Your Future

- What lifestyle factors can affect the way your facial features might change with age?
- How do your choices affect your appearance?
- What is the relationship between making good choices and being healthy?
- What items on your list of “100 things to do ...” can you do today?

### Your Beginning

- What are some important phases of prenatal development?
- How does a woman’s body change when she is pregnant?

### Your Movement

- How do you feel after exercising?
- How can you overcome challenges that prevent you from exercising?
- How does exercising help your body?

### Your Appetite

- What are some challenges you need to overcome to eat healthy?
- What does the food desert map tell you about your neighborhood?

### Your Heart

- What are some lifestyle choices that can affect the health of your heart?
- Why is heart disease the No. 1 cause of death in the United States?

### Your Mind

- What influences you when you make decisions?
- How does your mind affect your body?
- How are you influenced by advertisements?

### Medical Innovations

- What motivates scientists to create new medical innovations?
- Can you think of a medical breakthrough that has not been invented yet?

### Your Vitality

- How do you feel when you don’t get enough sleep?
- What can you do to control stress?
- Is relaxation a state of mind or body?
- What is happiness, and how do you achieve it?